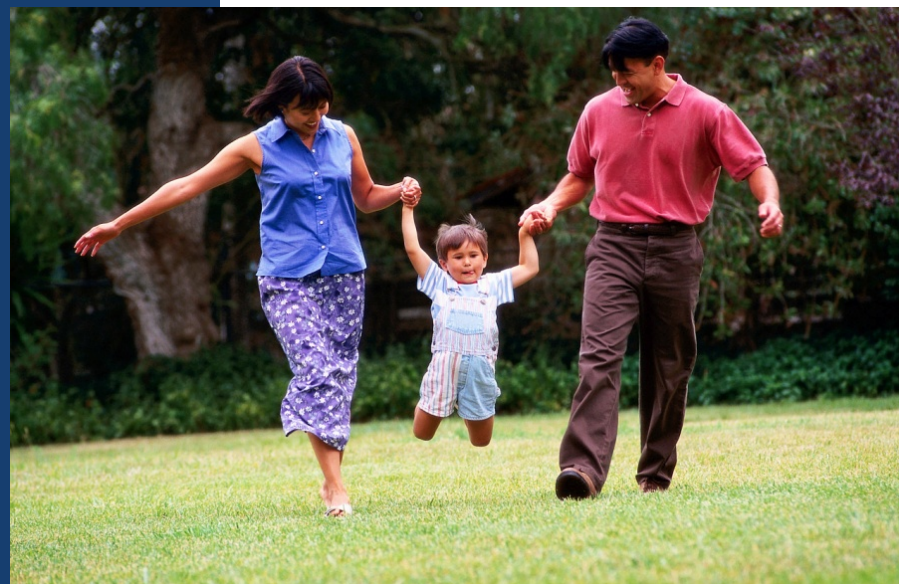


Healthy Communities: A Total Health Imperative



Loel Solomon, PhD
Vice President, Community Health
ABAG Health and Wellness Forum
September 12, 2013

Healthcare Reform is Here

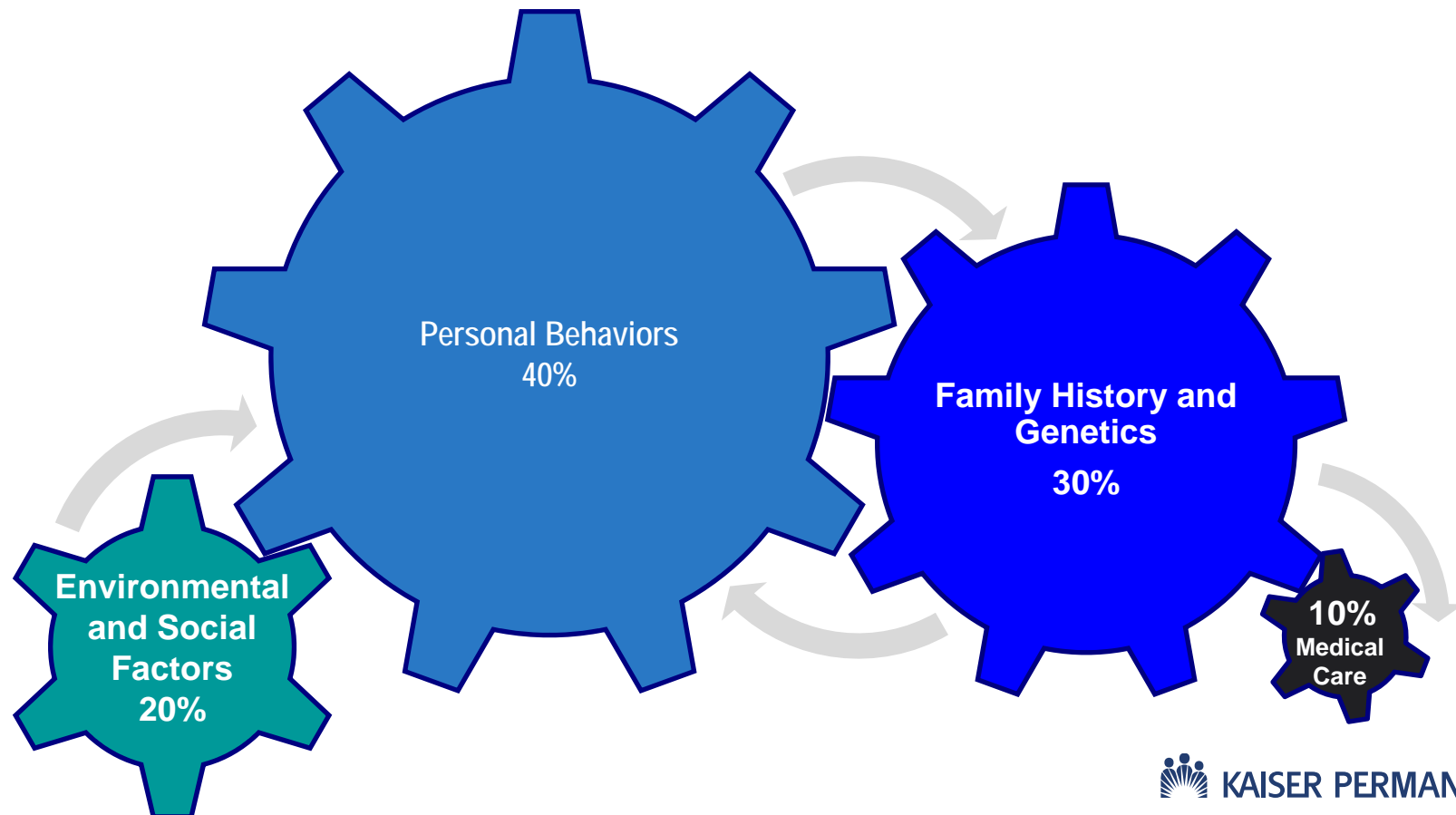


But what will it take to deliver health?

Health is About More Than Access to Care

Health is driven by multiple factors that are intricately linked – of which medical care is one component.

Drivers of Health



Many Factors Shape Health

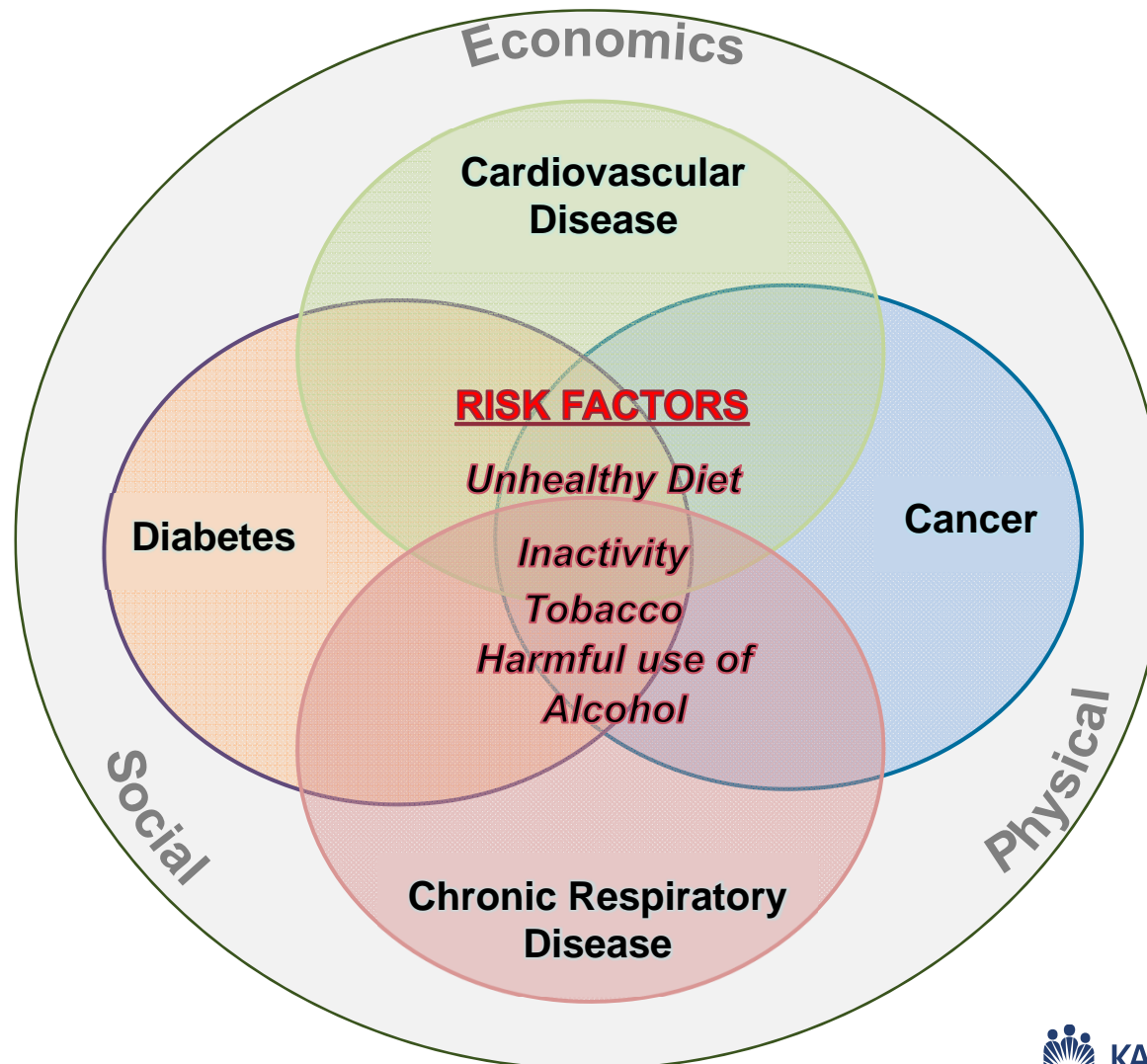
Actual Causes of Death in the U.S. in 1990 and 2000

Actual Cause	Number (and %) 1990*	Number (and %) 2000
Tobacco	400,000 (19%)	435,000 (18.1%)
Poor diet and physical inactivity	300,000 (14%)	400,000 (16.6%)
Alcohol consumption	100,000 (5%)	85,000 (3.5%)
Microbial agents	90,000 (4%)	75,000 (3.1%)
Toxic agents	60,000 (3%)	55,000 (2.3%)
Motor vehicle	25,000 (1%)	43,000 (1.8%)
Firearms	35,000 (2%)	29,000 (1.2%)
Sexual behavior	30,000 (1%)	20,000 (0.8%)
Illicit drug use	20,000 (<1%)	17,000 (0.7%)
Total	1,060,000 (50%)	1,159,000 (48.2%)

*Data are from McGinnis and Foege. Percentages are for all deaths.

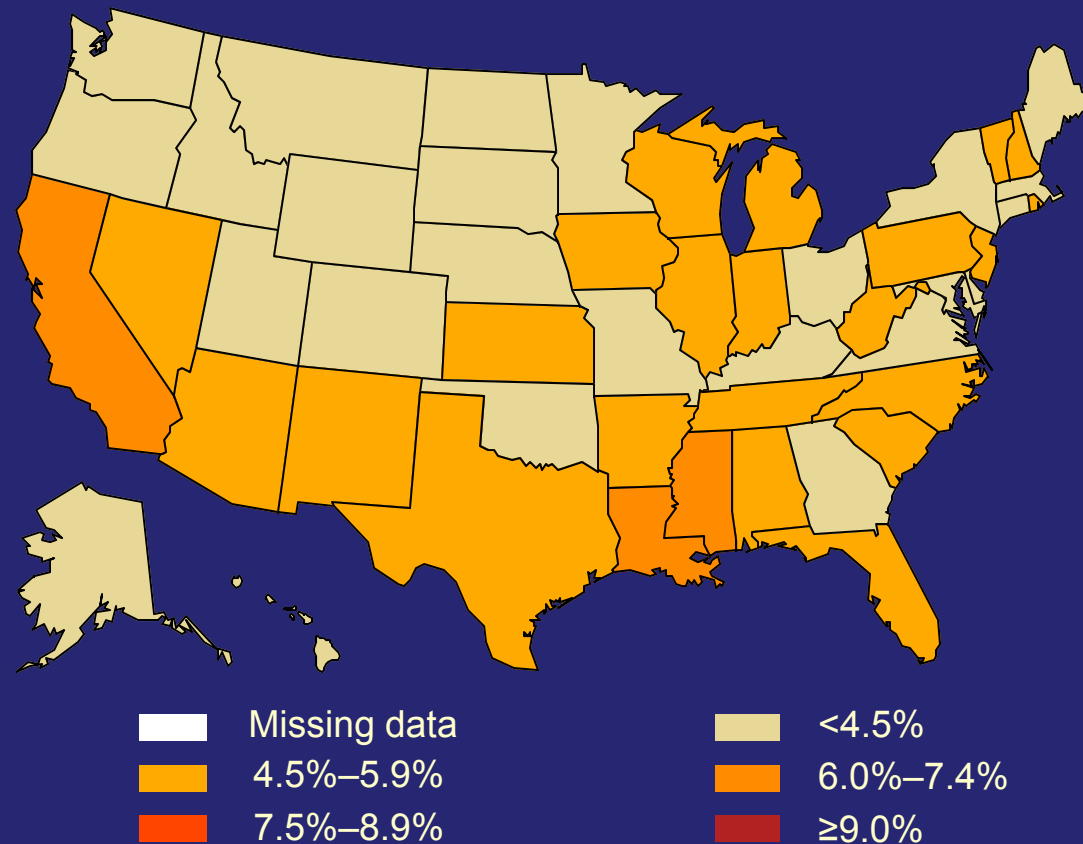
An Integrated Approach to Diseases and Risk Factors

4 Diseases, 4 Risk Factors, 70% of U.S. deaths



*Aligns with World Health Organization's framework for monitoring non-communicable diseases

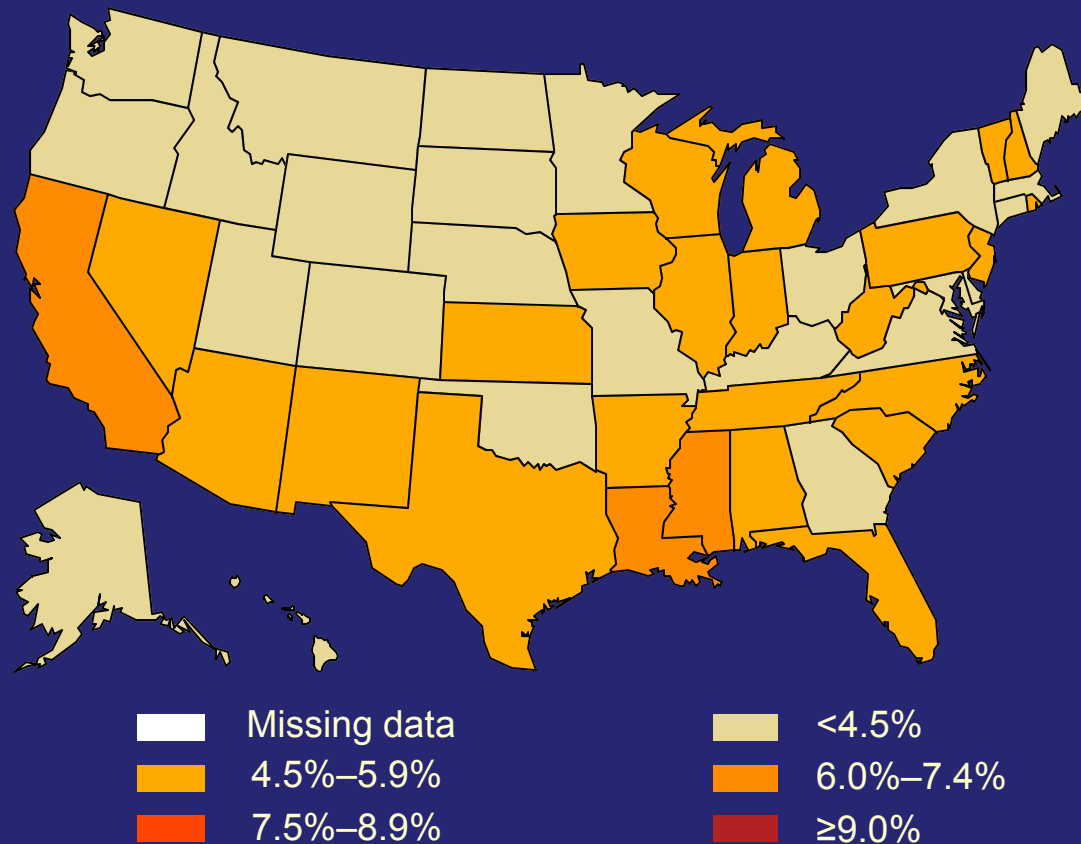
Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults 1995



CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>



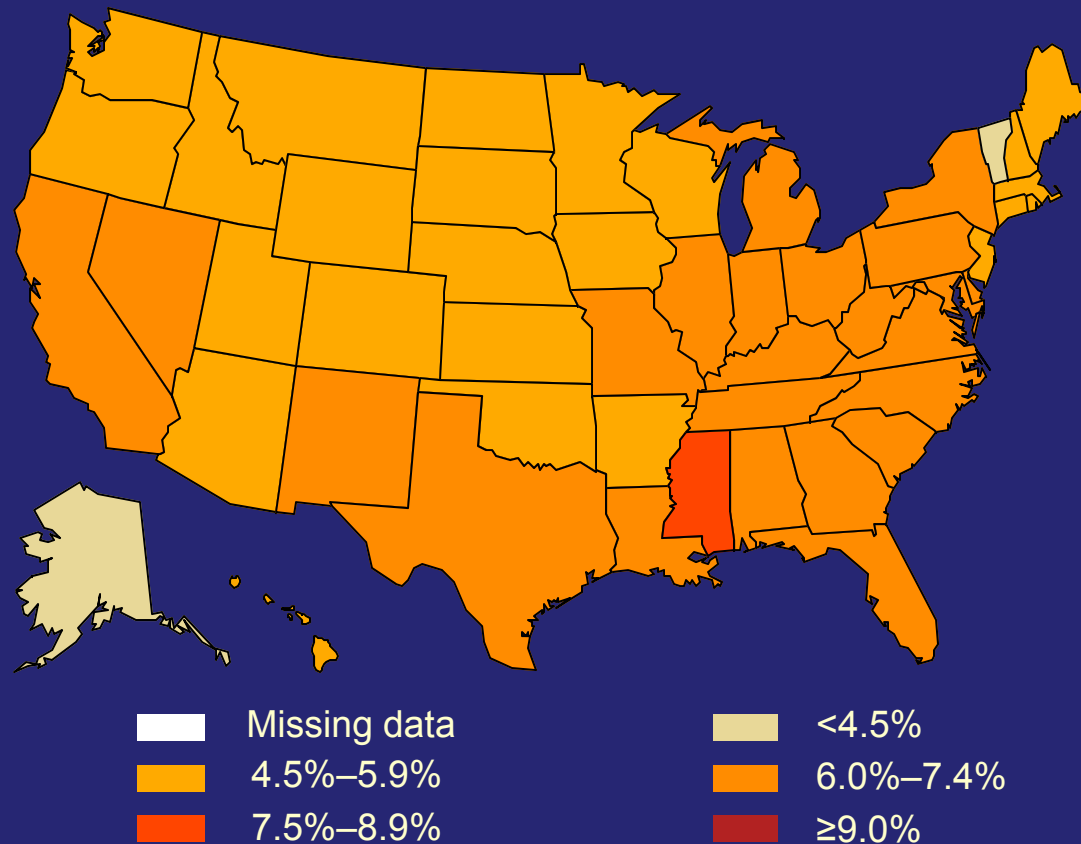
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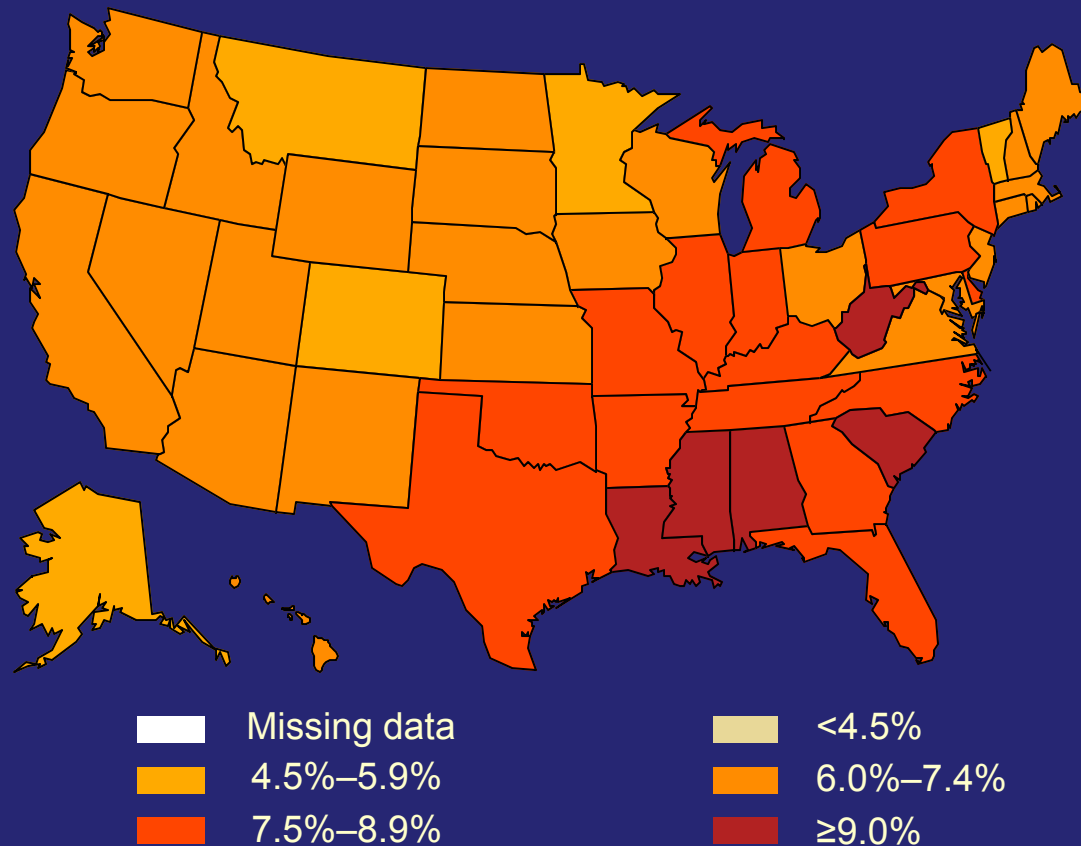
Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults 2000



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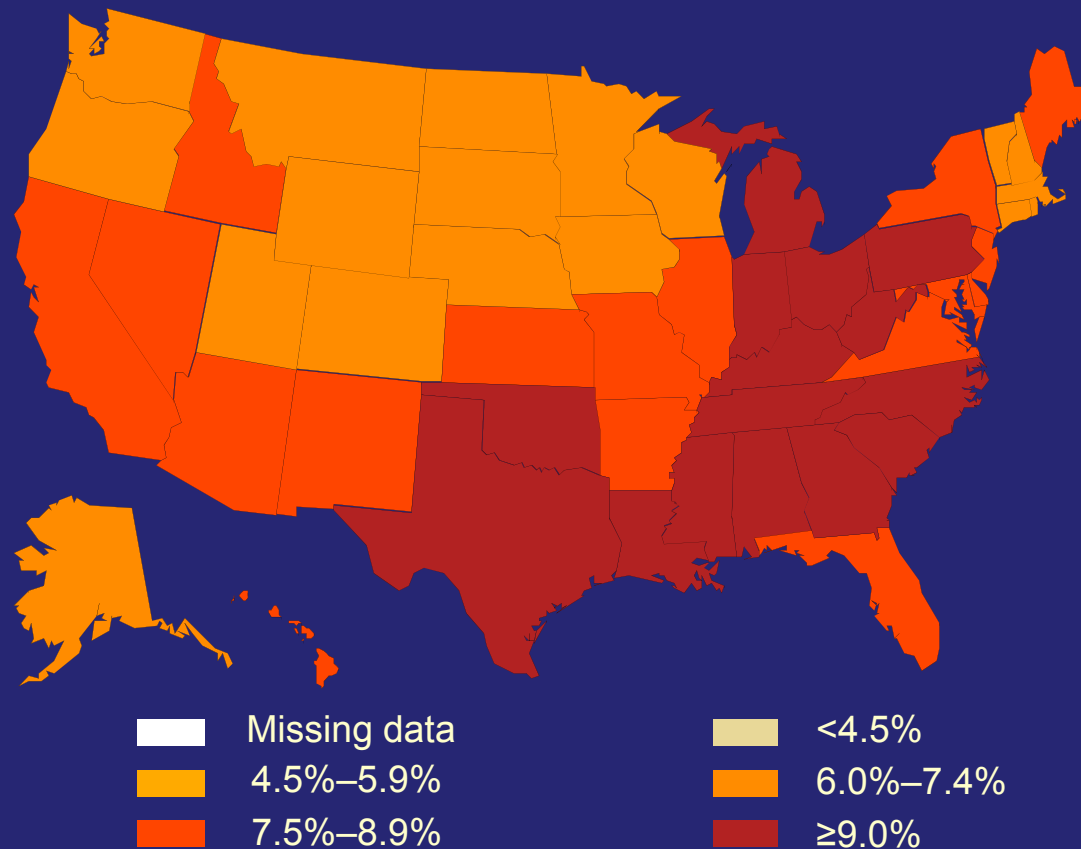
Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults 2005



CDC's Division of Diabetes Translation. National Diabetes Surveillance System
available at <http://www.cdc.gov/diabetes/statistics>



Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults 2010



CDC's Division of Diabetes Translation. National Diabetes Surveillance System
available at <http://www.cdc.gov/diabetes/statistics>



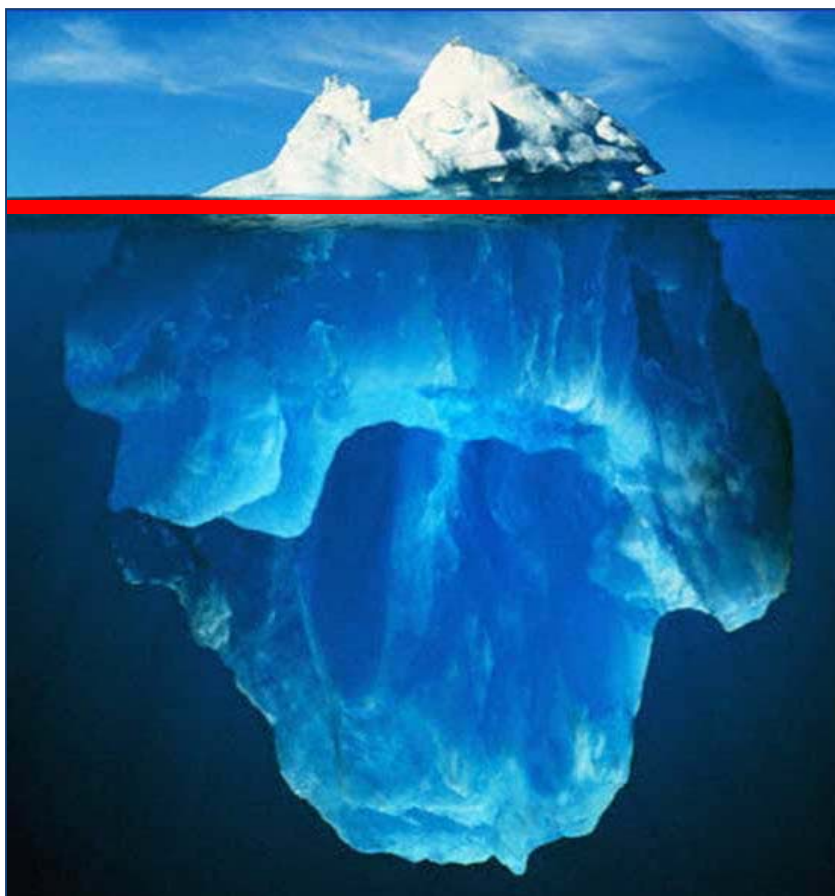
Adolescents with Diabetes or Pre-Diabetes

1999-2000: 9%

2007-2008: 23%

May AL, Kuklina EV, Yoon PW. Prevalence of Cardiovascular Disease Risk Factors Among US Adolescents, 1999-2008. 2012. *Pediatrics* 129;1035-1041

Failure to Act Is Not an Option



**Diabetes, 2013:
477,383**

**Pre-Diabetes, 2013:
852,031**

Source: Kaiser Permanente Care Management Institute, Pre-Diabetes Cohort Data, 2013. Projected cohort costs estimated based on average annual medical expenditures from Vojta et al, Hlth Aff, Jan 2012.

What We're Up Against



What We're Up Against



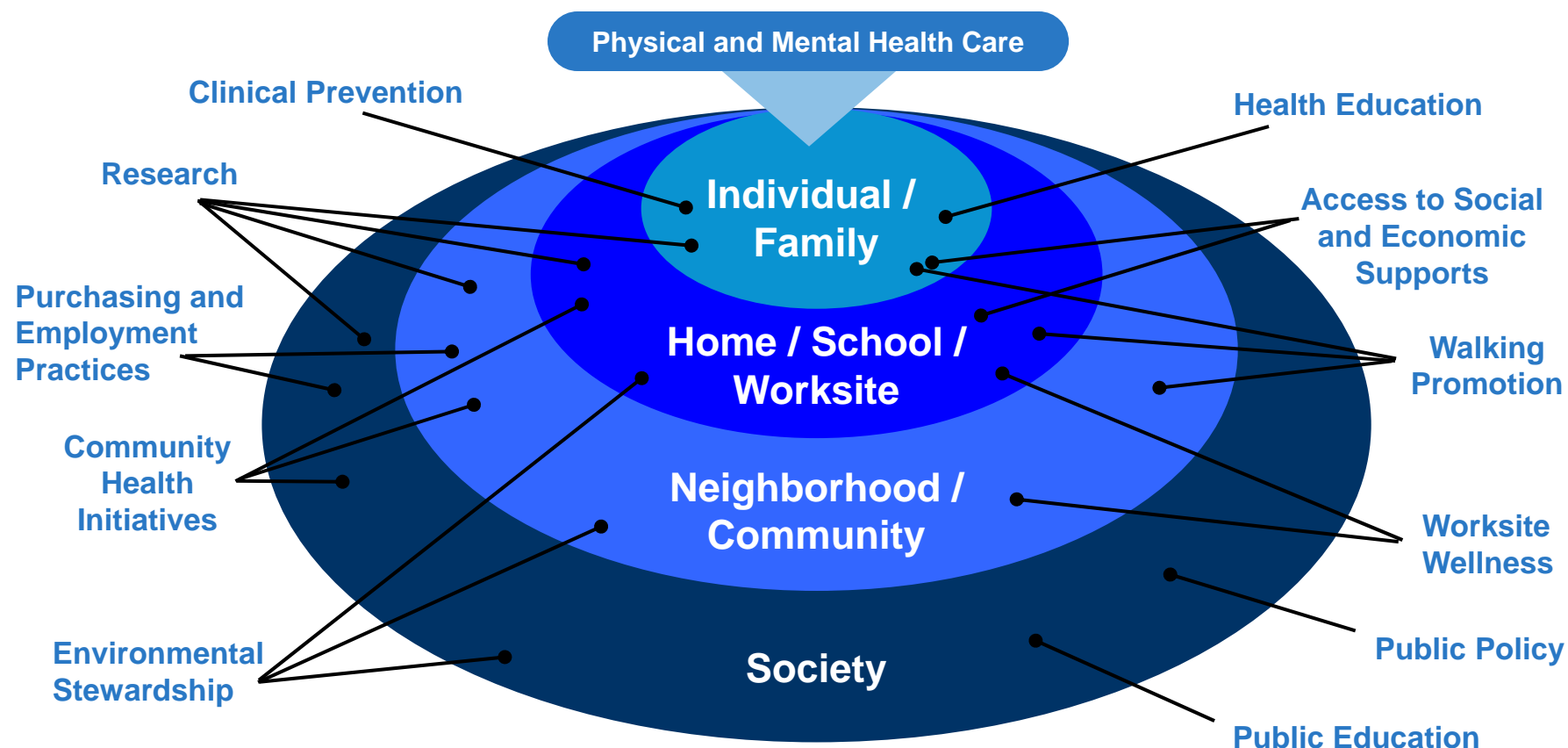
The Case for a Total Health Approach

“It is unreasonable to expect people to change their behavior easily when so many forces in the social, economic and physical environment conspire against such change”

-- Institute of Medicine, 2005

We Have to Deploy All Our Assets for Total Health

Deploying Kaiser Permanente Assets for Total Health



Community Health Strategies

Neighborhoods

- General Plan amendments
- Parks, trails and other active public spaces
- Farmers markets and community gardens
- Corner store conversion efforts

Schools

- Joint use agreements
- Safe routes to school
- Cafeteria reforms
- PE standards, after school programs

Employee Wellness/Worksites

- Lactation Support
- Healthy food in cafeterias
- Vending machines
- Transit subsidies
- Physical activity breaks

Healthcare

- BMI and PA as a vital sign
- Breastfeeding promotion
- Hospital cafeterias

Schools



Neighborhoods



Work Site



Healthcare



[illegible]

Cities for Workforce Health

Cities for
Workforce
Health



HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN



KAISER PERMANENTE®  **thrive**

Keenan
Associates

 KAISER PERMANENTE®



THRIVING SCHOOLS

a partnership for healthy students, staff & teachers



Goals

- Improved health
- Productivity, academic achievement, schools census as co-benefits

Focus Areas

- Healthy Eating
- Active Living
- School Climate

Targets: K-12 schools

- Students
- Staff and teachers
- School environment

Key Partners



...and you!

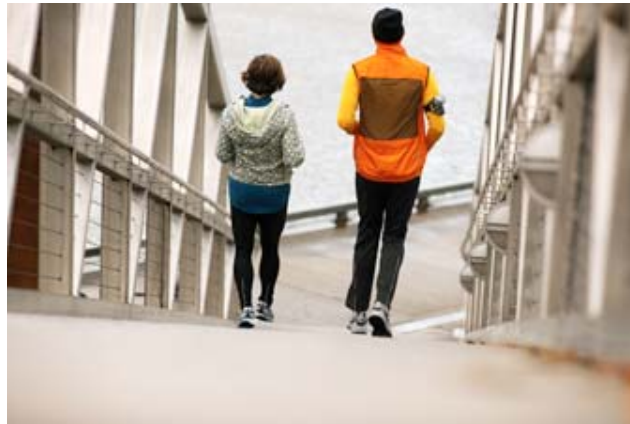
One Way to Get Moving



Fall Activity Challenge:
Oct 1 – Oct 31

www.fireupyourfeet.org

Optimal Defaults for Total Health



The Prime Directive: Building Community



The Road Ahead: Working in the Nexus

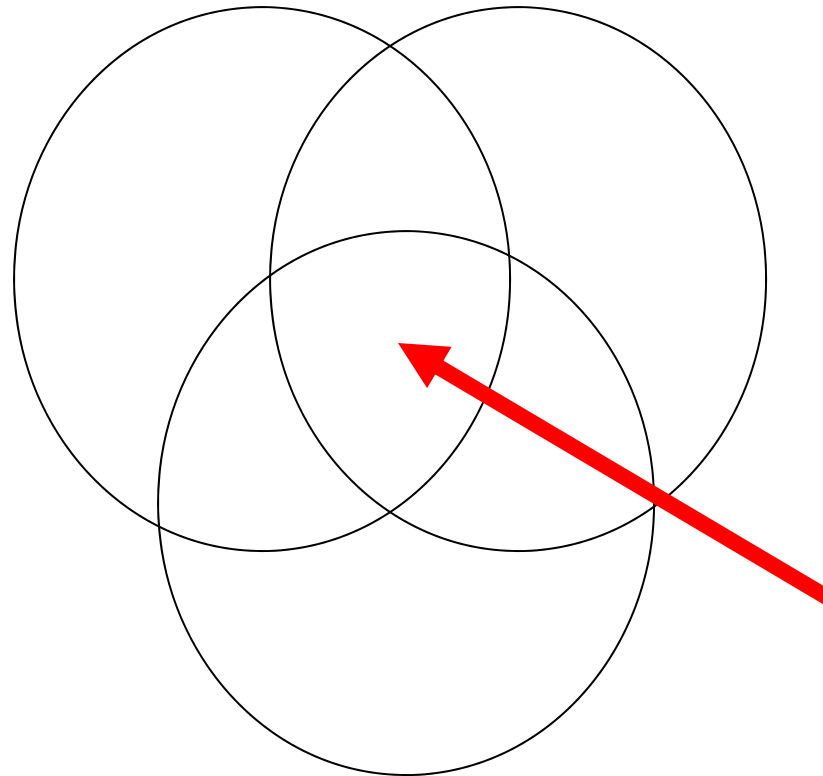
Healthy People



Healthy Environments



Thriving Local Economies



...and making life better for our constituents and our neighbors



The Road Ahead is Challenging...But We Can Find a Way

